

KDHE Awards Grants for Diabetes Projects

In recognition of Diabetes Awareness Month in December, the Kansas Department of Health and Environment (KDHE) gave 33 grants to hospitals, clinics, community health centers, and health departments across the state to improve diabetes care.

Rural and urban health care providers will use the \$10,000 grants to adopt a Chronic Care Model to improve diabetes care. This model identifies the essential components of a health system that support high-quality chronic disease care. Implementation of the model results in informed and activated patients working in partnership with a proactive health care team to produce healthier patients and cost savings.

A 2003 government survey (Kansas Behavioral Risk Factor Surveillance System Survey) indicated that six percent of Kansans have been diagnosed with diabetes, a disease in which blood glucose levels are abnormally high, putting individuals at risk for numerous health complications including eye and nerve damage, kidney disease and amputations.

In 2002, diabetes was the seventh leading cause of death in Kansas. Heart disease and stroke kills two out of three people with diabetes. People with diabetes are urged to take steps to control their blood sugar, blood pressure and cholesterol levels.

A study this year in the *Journal of the American Medical Association* (January 2004) showed fewer than one out of ten people with diabetes meet the recommended guidelines for blood sugar, blood pressure and cholesterol. Use of the Chronic Care Model will save lives by increasing the number of Kansans meeting these goals.

Recommended Goals Are:

- Blood glucose – Hemoglobin A1c less than seven percent
- Blood pressure – Less than 130/80
- Cholesterol (LDL) – below 100

More than one million Kansans, almost one-half the total population of the state, are at risk for diabetes because of their age, weight and inactive lifestyles. The Diabetes Primary Prevention Study showed that a modest weight loss of five to seven percent of total body weight through diet modification and moderate exercise such as walking 30 minutes a day at least five days a week can help prevent or delay the onset of diabetes.

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Below is a list of the grant recipients:

McLouth Medical Clinic	McLouth
Atchison Family Medicine	Atchison
Swope Health Quindaro	Kansas City
Swope Health Wyandotte	Kansas City
Department of Family Medicine-KUMC	Kansas City
Hutchinson Clinic, P.A.	Hutchinson
GraceMed Clinic	Wichita
Augusta Family Practice	Augusta
Prairie Star Family Practice	Plainville
Community Health Center	Hutchinson
Duchesne Clinic	Kansas City
Health Care Access Clinic	Lawrence
Medical Arts Family Practice	Junction City
Kansas Statewide Farmworker Program	Topeka
Community Hospital Onaga	Onaga
Marian Clinic	Topeka
Riley County Health Department	Manhattan
Ellsworth County Medical Center	Ellsworth
The Internal Medicine Group	Lawrence
Community Physicians Clinic	Marysville
Southwest Boulevard Family Health Care	Kansas City
Smokey Hill Family Medicine	Salina
We Care Clinic	Great Bend
Anderson County Hospital	Garnett
Wichita County Health Center	Leoti
Belleville Medical Clinic, P.A.	Belleville
Comcare	Salina
Mercy Regional Hospital	Manhattan
Division of General & Geriatric Medicine-KUMC	Kansas City
Hoxie Medical Clinic	Hoxie
Family Health Center	Lakin
Community Health Center of Southeast Kansas	Pittsburg
Seneca Family Practice	Seneca